



## MARCH: TIME DOCUMENTATION FORM

Name: \_\_\_\_\_

Please Print

Location: \_\_\_\_\_ Grade(s): \_\_\_\_\_ # Kids \_\_\_\_\_

Week 1 (March 1-5): I spent \_\_\_\_\_ hours teaching nutrition.

Week 2 (March 8-12): I spent \_\_\_\_\_ hours teaching nutrition.

Week 3 (March 15-19): I spent \_\_\_\_\_ hours teaching nutrition.

Week 4 (March 22-26): I spent \_\_\_\_\_ hours teaching nutrition.

Week 5 (March 29-Apr 2): I spent \_\_\_\_\_ hours teaching nutrition.

Total hours this month: \_\_\_\_\_

Please indicate how many times (not X's or check marks) you taught the following nutrition/physical activity topics this month (can be any length of time & can be taught more than once a day)

#	Topic	#	Topic
	Fat Free & Low Fat Milk or Equivalent (and Alternative Calcium Sources)		MyPyramid – Healthy Eating Plan
	Fats and Oils		Physical Activity
	Fiber Rich Foods		Promote Healthy Weight
	Food Shopping / Preparation		Sodium & Potassium
	Fruits & Vegetables		Whole Grains
	Lean Meat & Beans		Hand washing/food safety
	Limit Added Sugars or Caloric Sweeteners		

**Note:** Topics taught at separate times should each be counted separately. However, if any two topics from MyPyramid are taught together (fruits & veggies, whole grains, milk, meats & beans), they should be counted as MyPyramid not as individual topics. **For example,** if Fruits & Veggies are taught in one session and Whole Grains are taught in a separate session then these would be counted separately. If they were both taught together in the same session then it would be counted as MyPyramid.

Estimated Length of Sessions:	
Shortest:	
Longest:	

Employee Signature \_\_\_\_\_

Date \_\_\_\_\_

Kid Zone Supervisor Signature \_\_\_\_\_

Date \_\_\_\_\_

[www.eatwellbewell.org](http://www.eatwellbewell.org)

Forms should be turned in at the end of each month to your designated staff member or the Kid Zone mailbox at your school. For questions or concerns contact: Kim Williams at (480) 350-5447, [kim.williams@tempe.gov](mailto:kim.williams@tempe.gov) or Brandon Hernandez at (480) 350-5409, [Brandon.Hernandez@tempe.gov](mailto:Brandon.Hernandez@tempe.gov). Thank you for your participation.